

Bookings are required for all courses and the cultivating self practice class. There is no need to book for ongoing classes.

Ongoing classes are for students who have completed a course and know the prelude being taught.



Class levels

Introduction

Level 1

Level 2

Shadow Yoga Timetable

5 March to 30 June 2012

	Monday	Tuesday	Wednesday	Thursday	Fri	Saturday	Sunday
6.00 – 7.15 am	Cultivating self practice ONGOING CLASS Penny		Prelude Level 2 ONGOING CLASS Tash				
9.30 – 10.45 am						Prelude Level 1 COURSE 10 Mar – 14 April (6 wks) 21 April – 26 May (6 wks) 2 June – 30 June (5 wks) Penny	
11.00am – 12.15 pm						Introduction to Shadow Yoga COURSE 10 Mar – 14 April (6 wks) 21 April – 26 May (6 wks) 2 June – 30 June (5 wks) Penny	
6.00 – 7.15 pm except <i>Beginners prelude</i> 6.30 – 7.45pm	Prelude Level 1 COURSE 5 Mar – 9 April (6 wks) 16 April – 21 May (6 wks) 28 May – 25 June (5 wks) Tash 6.30-7.45pm	Prelude Level 2 COURSE 6 Mar – 10 April (6 wks) 17 April – 22 May (6 wks) 29 May – 26 June (5wks) Penny	Introduction to Shadow Yoga COURSE 7 Mar – 11 April (6 wks) 18 April – 23 May (6 wks) 30 May – 27 June (5 wks) Penny	Prelude & asana Level 2 COURSE 8 Mar – 12 April (6 wks) 19 April – 24 May (6 wks) 31 May – 28 June (5 wks) Penny			

VENUE Classes are held at 220A Norton St Leichhardt (opposite Pioneers Memorial Park)

CONTACT Tel (02) 8230 0310 | Email info@hathayogadesha.com.au

www.hathayogadesha.com.au